

# Leaf Finger Salad

**Makes:** 2 Servings

## Ingredients

4 iceberg lettuce leaves (large)  
1 cucumber (sliced)  
1 beet (shredded)  
1 carrot, medium (shredded)  
6 **teaspoons** sunflower seeds  
2 **teaspoons** olive oil  
2 **teaspoons** balsamic vinegar

## Directions

1. Lay lettuce leaves on a flat surface. Top each leaf with all ingredients: cucumbers, carrots, beets, and sunflower seeds.
2. Drizzle each leaf with olive oil and balsamic vinegar.
3. Slowly roll the leaf with all ingredients.